Infant Case Study

This case study was conducted for a course in Development in Infancy. Research was conducted and information was collected and reviewed prior to the composition of this case study. This case study was spaced out over the course of two months. Two timelines were used to record developmental progress made by the infant. Anecdotal records were kept of each visit with the infant. These anecdotal records were used to establish an idea of the developmental progression being made by the infant. From that point, I was able to identify an area that I could work on with the infant to further her development. A recording of the lesson conducted with the infant was made and reviewed afterward in order to judge the level of success of the lesson and make adjustments for the next visit with the infant.

This case study provides two examples of timelines for infant development. The timelines were developed over the course of the case study and added to after each of the six visits with the infant. These timelines helped me to understand better how infants develop physically and cognitively. I was able to view how her language developed over time. At the end of the case study, the infant was only three and a half months old, but she was babbling, which is a stage of language development that humans go through. I was also able to use them as a reference to develop my professional knowledge of this age group.

Through the anecdotal records, discussions with the mother, and information collected during class, I was able to come to the conclusion that the infant required more tummy time to strengthen her back, neck, and arm muscles. I conducted research to get
ideas about how to encourage the infant to spend more time on her tummy. This is a developmentally appropriate instruction. The session was video recorded and viewed later by myself.

I used the recording of the tummy time session to do some self-reflection and assess its effectiveness. The infant’s tummy time was increased from the observation before, according to the anecdotal records that I kept during the case study. I used this as proof that the materials used to increase the infant’s tummy time (a mirror and a book) were indeed helpful and effective. The mirror proved to be more effective than the book. The infant enjoyed watching herself in the mirror during tummy time and lost interest in the book after a very short period of time.

A very important part of conducting this case study was the discussions I had with the infant’s mother. I learned all about the environments in which she was being brought up. I learned about her schedule and how she had been developing prior to my involvement and observations. I used this information to learn more about how the infant was developing based on her home environments. I also had discussions during our course time about the progress my infant was making. This collaboration allowed me to learn more about infant development.

If I were to conduct this case study again, I would add more research articles about particular subjects pertaining directly to the infant. This would give me more information about how to adapt my approach to the infant. It would also give me another reference for ideas related to infant development. I would also lengthen the time during which the study was conducted to really take in more information about how the infant is
developing. It would be interesting to participate in more observations to see how the infant changes over time.